



More Than Food
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within
4 days



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Umami Burger with Rustic Chips and Rocket Salad

In 2012, Black Bear Casino Resort in the USA, set the world record for the biggest burger. It weighed 913 kg and was 3 metres wide! Pretty impressive! This burger, while not being quite that big, is pretty impressive in the taste department. We're sure this hamburger will blow your socks off!

 35 mins

 family box



Sweet Potato (2)



Garlic Salt (2 tsp)



Beef Mince (500g)



Tomato Ketchup
(2 tbsp)



Demi Brioche Bun (4)



Smoked Cheese
(4 tbsp)



Vine Tomato (2)



Rocket (2 bags)

Ingredients

4 PEOPLE

ALLERGENS

Sweet Potato, chopped	2	
Garlic Salt	2 tsp	
Beef Mince	500g	
Tomato Ketchup	2 tbsp	Celery
Demi Brioche Bun	4	Gluten, Milk, Egg
Smoked Cheese	4 tbsp	Milk
Vine Tomato, sliced	2	
Rocket	2 bags	



Our fruit and veggies come straight from the farm so give them a little wash before using

LH Step for little hands

Did you know...

A tomato is a fruit, not a vegetable!

Nutrition per serving: Calories: 829 kcal | Protein: 49 g | Carbs: 65 g | Fat: 17 g | Saturated Fat: 4 g

1



1 Pre-heat your oven to 220 degrees. Wash the **potatoes** then chop lengthways into wedges the thickness of your index finger. Toss in 2 tbsp of **olive oil** and half the **garlic salt**, then spread in a single layer on a baking tray. Cook on the top shelf of your oven until crispy (around 25 mins).

each side, turning only once. **Tip:** *We love dribble-down-your-chin medium/rare which takes around 3 mins on each side but cook them for a little longer if you like.*

3



2 LH: In a bowl mix together the **beef mince** with the remaining **garlic salt**, half the **ketchup** and a few grinds of **black pepper**.

6 Whilst you are cooking the second side of the burger, grate the **cheese** on top (of the cooked side!) for the last minute so that it melts. Thinly slice the **tomatoes**.

4



3 Divide the mixture into four equal portions and then gently form into burger patties roughly 1½ cm thick. **Tip:** *It is important that you press the **meat** together firmly enough to make it stick, yet not so firmly that it becomes densely packed, as this will give a tough texture.*

7 LH: Toss the **rocket** in a little drizzle of **olive oil** with a small pinch of **salt** and **pepper**.

6



4 Once the **potatoes** are almost ready, split the **buns** in half. Put a frying pan on medium-high heat. Toast the **buns** for 2 mins on each side then remove. **Tip:** *You could use your toaster but whatever happens don't let them burn!*

8 LH: Spread a little of the remaining **ketchup** on the toasted burger **buns**. Place the burger on top then lay the **tomato** and **rocket** on top and serve with your rustic chips on the side. **Tip:** *You can serve any remaining **tomatoes** and **rocket** on the side too.*

5 In the same frying pan heat 1 tbsp of **olive oil** on medium-high heat. Once hot, gently add in the patties and cook for 3-4 mins on

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!